

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Bodega Head Exploration

Bodega Bay, Sonoma County

Monday, July 20, 2026, 1:00pm

Easy to Moderate

3 hours, up to 300' elevation gain, 3-4 miles

PLEASE NOTE THE SPECIAL START TIME OF 1:00pm FOR THIS HIKE

We will explore the trails around Bodega Head both to the South and North of the parking lot at the very end of the road overlooking the Ocean.

To get there: Go North through the town of Bodega Bay and make a left on East Shore Rd. Then make a left at Bay Flat Rd which becomes Westshore Rd. toward the Head. Make a right, pretty much at the end and go up to the top of the hill and then head down toward the West. Keep on going to the very, very end of the road. The furthest parking is at the end by the cliffs and by the bathrooms. Park where you can. We will meet by the restrooms at 1:00pm.

ALERT: It can get foggy, cold and windy very quickly on the Head; dress in layers. Bring a snack & plenty of water. Hiking poles are always handy.

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and to arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: Clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

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Integrative Paths to Healing